



ABERDEEN cycle map

2020
UPDATE



This map was produced by the
Aberdeen Cycle Forum
www.aberdeencycleforum.org.uk

with support from
Aberdeen City Council
www.aberdeencity.gov.uk
Getabout
www.get-about.com



On Shared Paths:

- Give way to pedestrians and leave plenty of room for them to pass.
- Let pedestrians know you are there. Some people may be hard of hearing or have sight impairments.
- Be prepared to slow down and stop if necessary.

Active Travel

Cycling is -

- Enjoyable, Affordable and Fun
- Good for the Environment
- Healthy
- Congestion Beating

Cycling is a form of transport that nearly everyone can take advantage of. Like walking it is sustainable and non-polluting so - if you choose to cycle - you know you are making your own contribution to a less polluted Aberdeen. Cycling is also one of the easiest ways of boosting physical activity - and cheaper than the gym! But above all it is an efficient and enjoyable way of getting around the city, and gets more so as your fitness improves and you get to know the better routes to take. These benefits are now recognised by many national and local organisations that seek to encourage more cycling and to see more cycle friendly facilities in place.

Before Setting Off:

- Ensure your bike is in good working order – check for worn brake blocks, bald or soft tyres, bent or missing spokes and that the bell and lights are working.
- Lights should consist of, at minimum, a white front light and red rear light plus a red rear reflector. Bikes built after 1990 should also have reflectors on the pedals and wheels.



The Aberdeen Cycle Forum is a voluntary group seeking to encourage and develop cycling within Aberdeen. The Forum aims to -

- Improve cycling facilities
- Achieve a higher profile for cycling
- Highlight the benefits of cycling as an everyday and sustainable form of transport

The Forum began in 2003 and one of our first projects was to produce this cycle map which we have updated for 2015. The map shows existing cycle facilities such as cycle lanes as well as suggested routes for cyclists around the city. We hope that the map will be useful to would-be commuters, leisure cyclists and visitors to the Granite City.



If you would like to get involved or have any comments on the map, visit the Aberdeen Cycle Forum website:
www.aberdeencycleforum.org.uk

Any feedback should go to
info@aberdeencycleforum.org.uk



Useful Contacts:

Road and Cycle Paths

Report pot holes, broken glass, etc. to the City Council. Go to www.aberdeencity.gov.uk and follow the link to Report it.

Grampian CTC

ACF and Grampian CTC provide 'Try Cycling' - free adult cycle training starting from Duthie, Hazelhead and Seaton Parks on Sundays. Go to www.ctcgrampian.org.uk and view 'Runs List'.



Sustrans National Cycle Network

The NCN is a network of cycle routes throughout the UK. Route 1 runs through Aberdeen from the south and continues up to Orkney and Shetland. The Route 195 spur incorporates the Deeside Way. www.sustrans.org.uk

Bike-friendly Stagecoach Buses

The Royal Deeside Service between Aberdeen and Braemar, X7 Coastrider Service to Dundee and Service 10 to Inverness all accept bikes. On boarding the bus speak to the driver who will stow your bike at no extra cost: www.stagecoachbus.com

Getabout

Getabout promotes sustainable transport choices in Aberdeen City and Shire. Find helpful information on travelling around Aberdeen and free local events: www.getabout.org.uk

Traveline Scotland

Plan any public transport journey in and around Scotland: www.travelinescotland.com

Cycling Scotland

Charity aimed at promoting cycling in Scotland now runs Challenge and Family rides in Aberdeen: www.cyclingscotland.org

Aberdeen Tourist Information Centre

www.aberdeen-grampian.com for days out.

Cycling Safely:

Some tips for new cyclists -

- Remember that you have the same right to be on the road as any other road user.
- Position yourself well on the road. Ride well clear of the kerb and parked cars. This makes you visible, avoids glass etc. which might be at the road side, keeps you out of reach of drivers who open their car doors without looking and gives you space to move into should you need to.
- When traffic is very slow moving, and when approaching junctions, take up a position in the middle of the lane like other vehicles. This ensures that you are clearly visible to the person behind and that you have space to manoeuvre to where you want to go.
- Assume that drivers won't indicate before turning, won't stop immediately the lights change to red, etc. Make eye contact with drivers, especially at junctions. This helps ensure that the person has seen you and takes you into account.
- Look around – and signal clearly before any manoeuvre.
- Beware of trucks and other large vehicles, especially when they are turning left. Keep a safe distance behind as the driver has a blind spot down both sides of the vehicle.
- Be considerate to pedestrians and other road users. Follow the Highway Code – don't cycle through red lights or pedestrian crossings; don't cycle on pavements or the wrong way up one-way streets (unless clearly signed to do so).
- Think ahead – be especially cautious at junctions, bends, entrances and near obstructions. Avoid the need to brake sharply in wet conditions.
- See and be seen – wear bright and reflective clothing. If visibility is poor use your lights.